

Easy Cream of Spinach Dip

Makes 4-6 servings

The exact measurements for these recipes don't really matter; you can add more or less of any ingredients as you prefer. Additionally, it's almost impossible to ruin by over-cooking or reheating, and can be frozen and reheated in the oven at a later time.

This dish can be served cold or hot. Eat it with blue corn chips or with a fork.

- *1 lb of frozen spinach. You can also add or substitute any other fresh or frozen chopped leafy vegetable (kale, collard greens, chard, etc.).
- *Optional:* 1/2 bag frozen artichoke hearts (or 1 can of drained artichoke hearts)
- 4 oz of grated parmesan cheese
- 4 tablespoons of mayonnaise
- a handful of shredded sharp cheddar
- a slice of butter

If you are using many different kinds of greens you will have to cook the other greens before adding spinach because spinach cooks so quickly. All you do is clean and roughly chop your greens, and then put them in a large pan or pot under medium heat with a bit of butter and enough water to cover the bottom of the pot/pan. Cover while they cook, so you half sauté and half steam them. The other vegetables take about 10 minutes once you put them in pot before you want to add your fresh spinach. Once you add the spinach (fresh or frozen), cook for another 10 minutes until everything is very well-cooked. (Make sure that the water on the bottom doesn't ever completely dry up – add more if you need to so you don't burn the greens.)

Then spread mayonnaise on top of the cooked greens, sprinkle with a little shredded cheddar cheese, and a large helping of parmesan. You don't even need to stir it in, just cover it and let it sit for another 5 minutes. Add salt to taste. Stir and serve!

As you play with the recipe, you'll see how much of butter, mayo and cheese you prefer.